

April 30th – July 2nd

Employee Fitness Center

Employee Fitness & Nutritional Services provide

9 to Life

9 weeks to improve your health and quality of life!

Learn the foundation to getting healthy, designed to improve movement, strength, energy, and mood and decrease BP, A1C's, cholesterol, and stress. This program helps participants get comfortable in the gym and work on obtaining a healthy lifestyle.

What to Expect:

- **Teams of 5** or 6 participants per group.
- **Meet 2x a week** with your team and personal trainer to improve your body's cardiovascular and muscular strength, endurance, stability, and stamina.
- **Nutritional Counseling** and guidance provided along with a new nutritional habit to focus on for each week.
- **Sessions provide** support, guidance, encouragement and accountability while meeting you at your fitness level. You'll also learn a new self-care exercise to focus on each week.
- **The program's focus** is to get you healthy with zero stress.

Important Dates and Information:

- **Meet your Trainer & Team** at the mandatory kickoff meeting at noon April 30th at the EFC.
- **Cost:** Commit to 18 training sessions at \$9 per person/per session this includes weekly habits to focus on along with support from the EFC trainer and team.
- Questions? Please email sheri.albertson@nhrmc.org

Link to Sign up:



<https://www.signupgenius.com/go/70A054DA5AD22A5F58-9tolife4>

